



LLI *Explore* FALL 23



Chautauqua

History comes alive with live music performances and presentations. We'll start off the day with a set by Harper's Back Porch Revue. Then you'll hear presentations from Carl Sandburg and Bob Dylan, 2 icons from our folk music past.



Personal Interests

Learn from a variety of unique classes, including Amazing Classes, Chicago Graveyards, planning a historical trip in Europe and so much more.



Science and Technology

Discover new insights into cutting-edge technology like artificial intelligence and stem cells, and the histories of the space telescopes and the race to the moon with Project Mercury.



...and More!





The Yin and Yang of Mindfulness

LIVE **NEW!**

Mindfulness is often explained as having far-away Asian roots embedded in the past. Yet there are many accessible examples of yin and yang that you can find in contemporary life. Join cultural educator Yvonne Wolf to learn the basic principles of Daoism, the balance of the two energies, yin and yang, and the visible versus the invisible energies. Then experience mindfulness practice with these principles in mind. Participate in light stretches as you reach for the positive and let go of the negative. This workshop involves a low range of physical motion. Depending on the weather, this workshop will be held in a classroom with a window facing room.

LLI0575-001 ONLINE-Live Meetings
10/19/23 TH 10:00 am-12:00 pm
Instructor: Yvonne Wolf
TUITION & FEE: \$39.00

To Fast or Not: Science or A New Nutritional Scam

NEW!

Fasting, especially intermittent fasting, has been in the news lately as a successful approach to weight management, strategy to age well and even helpful treatment for dealing with cancer and other chronic diseases. What's the story? Does fasting really hold promise towards better health and weight loss? Joan Davis, RN, MS will share the science behind fasting so students can confidently determine if fasting is right for them. Bring your questions.

LLI0598-001 Harper Main Campus
10/10/23 TU 1:00 pm-2:00 pm
Instructor: Joan Davis
TUITION & FEE: \$39.00

Lifelong Learning Institute (LLI) Annual Membership for 2023

LLI members enjoy great discussions, innovative classes, and new friendships for mature adults (50+). Save money and receive exclusive benefits with a premier membership.

Benefits Include:

- Access to exclusive premier members-only courses
- 50% discount on designated LLI courses

2023 membership is just \$25 for the rest of the 2023 year. 2024 annual membership is \$50, and good for the whole calendar year!

Sign Up for Premier Membership: harpercollege.edu/lli

History

A Bite of History of Chinatown: Arriving in San Francisco

NEW!

The history of any Chinatown in the US is rich with immigration legal difficulties, Chinese food history, illicit opium and gambling activities, and unconventional family ties. The history of San Francisco Chinatown embodies all these dramatic elements and more. Educator Yvonne Wolf will give a brief history of San Francisco Chinatown starting with how Chinese immigrants were impelled to leave China in mid-1800s, how they skirted around The Chinese Exclusion Act after 1882, and what they contributed to the greater American cultural history. Join Yvonne in taking a journey back in time to Old Gold Mountain.

LLI0573-001 Harper Main Campus
09/21/23 TH 10:00 am-12:00 pm
Instructor: Yvonne Wolf
TUITION & FEE: \$39.00

Celebrating Confucius Birthday

LIVE **NEW!**

September 28th is Confucius' Birthday, also known as National Teachers' Day in many countries in East Asia. Confucius lived over 2500 years ago and his philosophy has guided people for peaceful living in 8 countries in East Asia including China, Japan, Korea, and Singapore. His teachings have taught people to reduce conflict and tension, cultivate the inner spirit, and improve one's relationship within the family and society in general. Come hear a short background of Confucius' life and times, the meaning of his name, and his major teachings.

LLI0571-001 ONLINE-Live Meetings
09/26/23 TU 10:00 am-12:00 pm
Instructor: Yvonne Wolf
TUITION & FEE: \$39.00



Living Behind the Iron Curtain

LIVE **NEW!**

Pursued by the Americans and British from the West and Soviet forces from the east, Nazi forces in Europe were in retreat by early 1945. Areas occupied since 1940-41 found themselves freed from Nazi control and oppression. Nations in Eastern Europe - Poland, Czechoslovakia, Hungary, Romania and Bulgaria - were liberated by the Soviet Red Army. After the war ended, the Soviets remained in these countries longer than expected. By the late 1940s, most of eastern Europe was cloaked behind what would become known as the Iron Curtain. What was it like to live behind the Iron Curtain? Alina Warner shares from her experience as a child growing up in Romania, witnessing the isolation of the people and the hardship of the totalitarian regime. As a teenager she remembers living through the 1989 Revolution that freed the people from the dictatorship of Nicolae Ceausescu. That was the spark of her desire to reach the 'free world.' The session will end with a Q&A.

LLI0591-001 ONLINE-Live Meetings
11/08/23 WE 6:00 pm-7:15 pm
Instructor: Alina Warner
TUITION & FEE: \$39.00

The Amazing Code-Breakers of Geneva, IL

LIVE **NEW!**

Learn the fascinating life stories of two famous pioneers of modern cryptology, who began their code-breaking careers in Geneva, Illinois! Working at the Fabyan Villa (Riverbank Laboratories), William and Elizabeth Friedman worked on breaking secret codes during World War I, Prohibition, World War II, and beyond.

LLI0590-001 ONLINE-Live Meetings
09/21/23 TH 11:00 am-12:00 pm
TUITION & FEE: \$39.00

BUSINESS & CAREERS

COMPUTERS & TECHNOLOGY

FITNESS, HEALTH & WELLNESS

MUSIC, ARTS & WRITING

PERSONAL INTERESTS

LIFELONG LEARNING INSTITUTE (LLI)

WORLD LANGUAGES

YOUTH & TEENS



Lifelong Learning Institute (50+)

WHAT'S NEW

- The Yin and Yang of Mindfulness
- To Fast or Not
- A Bite of History of Chinatown
- Living Behind the Curtain
- The Amazing Code Breakers of Geneva, IL
- The First Man to Cross the South Pole
- The Medieval Spice Trade
- Amazing Castles
- Graveyards of Chicago
- Situational Spanish
- AI Artificial Intelligence

AND MORE!

DON'T MISS

- Foreign Policy Roundtable
- Journaling as Healing to Control Stress
- The Presidency of Harry Truman



Scan me to learn more about Lifelong Learning Institute

Learn more at ce.harpercollege.edu,
"Browse Our Programs/ Lifelong Learning Institute"

Art

Card Making Using East Asian Motifs



Educator Yvonne Wolf takes attendees to expand cardmaking experiences to East Asia. First, she will give a brief understanding of three principles of order in the East Asian world. After applying these principles in Asian architecture, seasons, and two positive characters, attendees are invited to make five different blank greeting cards and envelopes using templates, scissors, and glue. This experience will enrich your future exploration in the East Asian arts.

LLI0574-001 Harper Main Campus
 10/12/23 TH 10:00 am-12:00 pm
 Instructor: Yvonne Wolf
TUITION & FEE: \$39.00

Current Events

Foreign Policy Roundtable



Participants receive magazine articles from the instructor, study them before discussion sessions and analyze them based on current foreign policy issues.

Class meets September 18, October 2, November 6, and December 4.

LLI0017-016 Harper Main Campus
 09/18/23-12/04/23 MO 9:00 am-11:00 am
 Instructor: Gary E. Midkiff
TUITION & FEE: \$156.00

Genealogy

Writing Family History for the Nonwriters



We all have family stories that give insights into the lives of our ancestors. Some are entertaining, others celebrate our cultural heritage, and others are more historical. We need to save all of them. So they can accurately pass them down to future generations. If you fear writing, this program will help overcome your fears. It will discuss a process that makes transforming your genealogy efforts into a written family history all your family can enjoy. Try this method to easily save your information and see your ancestor's memories "come alive." If you do not preserve the memories and stories of your ancestors for future generations, who will?

LLI0582-001 ONLINE-Live Meetings
 10/05/23 TH 12:00 pm-1:30 pm
 Instructor: Stephen Szabados
TUITION & FEE: \$39.00

Health and Wellness

Journaling As Healing to Control Stress



We all have traveled through many changes lately. This interactive workshop will help you move forward in life through journaling, where you can discover your passions, process negative feelings, deal with stress and develop an "attitude of gratitude." We will discuss types of journals, from recording family memories to grief journals. Journaling is a proven method of improving your physical and emotional health. Handouts will be provided. Sharing is optional.

Joyce Kocinski is a teacher and author of the book, *Letters from Mom a Daughter's Journal of Healing and More Than a Coincidence-True Stories of Divine Intervention*.

LLI0121-004 Harper Main Campus
 09/13/23 WE 7:00 pm-8:00 pm
 Instructor: Joyce Kocinski
TUITION & FEE: \$39.00



LLI Chatauqua

The LLI Chatauqua 2023 will take place in the Amphitheatre of the Wojcik Conference Center (Building W) on Friday August 25 starting at 1:00 pm. We'll start off the day with a set by Harper's Back Porch Revue. Then you'll hear presentations from Carl Sandburg and Bob Dylan; 2 icons from our folk music past. This is an event not to be missed and we'll even serve snacks in the afternoon!

Open to the public. Tuition: \$49.00.
 LLI Members receive a 50% discount.

Visit harpercollege.edu/li to register.



Your First or Next Trip to Europe Premiere Historical Travel Series



Current insights into European travel with pre and post war Germany as the example. View Munich, Nuremberg, Dresden, Bayreuth, and Berlin with special visits to Dachau an Wannsee. How to relax and save with fast and inexpensive rail travel direct to city center stations. Travel like the locals by using discounts by connecting instead of flying direct to the destination, how to save on air by booking well in advance and other tips make your travel budget go further.

LLI0596-001 Harper Main Campus
12/07/23 TH 11:00 am-1:00 pm
Instructor: Jerome O'Conner
TUITION & FEE: \$117.00

Science and Technology

Ai Artificial Intelligence How this Technology Became a Household Topic



The beginning of Ai can be traced to the early 1950's when programmers made checkers and chess playing computers. Then came Shakey, the first Ai robot which was basically a box on wheels. What are some other Ai breakthroughs? What is the current status of Ai development? What do scientists envision for the future of Ai? This course will present a timeline on the scientific development of artificial intelligence and uses in our world

LLI0593-001 Harper Main Campus
09/19/23 TU 11:00 am-12:30 pm
Instructor: Suzanne Rausch
TUITION & FEE: \$39.00

Stem Cells from Our First Discovery to Current Applications in Medicine



Science and the medical field discovered the unique aspect of what we now call stem cells. We have learned these cells have the capability to become specific cells for organ and tissue repair and treatment of diseases and conditions through their naive cellular beginnings. The discovery and the research and testing have provided us with a new flexibility for treatment and even cures. However, this discovery has been marked with very crucial social and ethical debates. This course will cover the first discovery and the ethical issues as well as the current and potential medical applications in the future.

LLI0576-001 Harper Main Campus
12/05/23 TU 11:00 am-12:30 pm
Instructor: Suzanne Rausch
TUITION & FEE: \$39.00

Race to the Moon Project Mercury



Project Mercury was the first manned space program in the United States. These early space missions taught NASA many important lessons—how to reach orbit, how man can survive and function while in orbit, and how to both launch and recover astronauts and their vehicles. From 1958 to 1963, NASA conducted 20 unmanned test flights and 6 successful manned flights. Find out what the objectives and goals of the Mercury Program were and its importance to landing man on the moon. Join us as we discuss these missions, the original 7 astronauts nicknamed the Mercury 7, and find out why they truly had 'the right stuff'. This will be a hybrid class offering from Rock Valley College and the first in a series of three classes.

LLI0589-001 ONLINE-Live Meetings
10/18/23 WE 10:00 am-11:30 am
Instructor: Mike Frederiksen
TUITION & FEE: \$39.00



The James Webb Space Telescope



The Webb Telescope is the most recent and most developed space telescope. Launched in December 2021, this telescope is set to study the history of our universe. From the first moments in the birth of the universe after the 'big bang' to the more recent formation of our own solar system. This course will present a history of space telescopes, and how they help scientists determine the origins and evolution of galaxies and stars and planetary systems. We will also see the beauty of deep space photography in capturing the vast array of objects in our sky.

LLI0592-001 ONLINE-Live Meetings
11/28/23 TU 11:00 am-12:30 pm
Instructor: Suzanne Rausch
TUITION & FEE: \$39.00

Theology

The Gospel of Mary of Magdala



According to the second century Gospel of Mary of Magdala, Mary is Jesus' confidante, his interpreter, and his replacement. She supports Jesus' ministry financially and may have been "the beloved disciple" mentioned in John's Gospel. Jesus divulges to her teachings unknown to other disciples, and after the resurrection she occupies the position he leaves vacant. And yet early in Christianity, Mary of Magdala becomes a woman dishonored and discarded. This talk examines the woman, the myth, and the gospel that bears her name.

LLI0577-001 Harper Main Campus
11/16/23 TH 10:00 am-12:00 pm
Instructor: Jerrol Leitner
TUITION & FEE: \$39.00

The First Man to Cross the South Pole the Endurance Adventure



The amazing 1914 - 16 expedition of Sir Ernest Shackleton the first to cross the South Pole. Assumed lost with his crew of 28 men. He managed to live in the Antarctic cold winter where no one had ever survived. The only source of food were penguins and seals. Shackleton made a small boat crossing 800-mile during the worst sea of the season. While his men waited on a tiny hell hole island. Against all odds, he rescued them. Shackleton is considered the greatest leader of men. The ship, The Endurance was discovered in 2022. With fully documented with photographs.

LLI0584-001 Harper Main Campus
09/28/23 TH 11:00 am-12:30 pm
TUITION & FEE: \$39.00



The Medieval Spice Trade: Making and Tasting Historical Recipes



In this virtual cooking demonstration, we will explore the medieval spice trade through the preparation of medieval European recipes. We will learn about premodern food culture through reading and interpreting recipes featuring an array of historical spices.

LLI0587-001 ONLINE-Live Meetings
10/11/23 WE 1:00 pm-3:00 pm
TUITION & FEE: \$39.00

The Presidency of Harry Truman



He was a compromise candidate for Vice President. FDR met with him twice once he began his fourth term. He inherited a Cabinet dedicated to continuing FDR's policies and burnishing FDR's image rather than helping a new President. He faced an unending series of critical issues demanding accurate decisions. He fought for what he believed to be correct regardless of the political consequences. He left office with a low approval rating and poor grades from political analysts and American historians. And yet he has come to be recognized as one of our 5 best Presidents.

LLI0174-003 Harper Main Campus
10/20/23-10/27/23 FR 9:00 am-11:00 am
Instructor: Gary E. Midkiff
TUITION & FEE: \$78.00

Personal Interest

Amazing Castles II - Legends, Lore, & More



Castles, the stuff of romance, still fascinate the modern mind. Come and explore the history, legends, and lore that only can be found in Castles, the most imposing monuments ever built around the world. From King Arthur to modern monarchs, we'll explore their romantic, mysterious, and intriguing castles that have played a crucial role in the history of civilization for more than a thousand years.

LLI0594-001 ONLINE-Live Meetings
12/01/23 FR 11:00 am-12:00 pm
Instructor: Barbara Barrett
TUITION & FEE: \$39.00

Extreme Hauntings in American History



America has no shortage of true hauntings among the nation's colorful supernatural tales, but some of these authentic tales are deeply disturbing, featuring phenomena far beyond ordinary ghost stories. Talking animals, disembodied voices, 'hands of death,' letters dropping from thin air, and even a pair of phantom hair clippers that terrorized a tiny West Virginia town: These and other bizarre incidents will keep you up long after class time when you explore the strange world of extreme hauntings with ghostlorist Ursula Bielski.

LLI0586-001 ONLINE-Live Meetings
10/30/23 MO 2:00 pm-3:30 pm
Instructor: Ursula Anne Bielski
TUITION & FEE: \$39.00

Graveyards of Chicago



From 'death chairs' and moving monuments to some of the nation's most famous ghosts, America's cemeteries host some of the country's most enduring and intriguing folklore. Explore the strange tales from America's burial grounds with Ursula Bielski, author of 'Graveyards of Chicago' and eleven other books of supernatural history.

LLI0585-001 ONLINE-Live Meetings
10/02/23 MO 2:00 pm-3:30 pm
Instructor: Ursula Anne Bielski
TUITION & FEE: \$39.00



Situational Spanish



This Spanish course is a one hour class that meets once a week, for eight weeks, and will provide the student with the ability to use their original thoughts to express their needs and wants, in the Spanish language, using basic inter-communicative skills (BICS). The lessons are tailored to provide the student with situational opportunities to use the Spanish language. The structure utilizes phrases, vocabulary, and oral practice that are useful in everyday activities, and especially at particular situations outlined in the theme for each weekly meeting. Students will have an opportunity to develop their own dialogs working in pairs using the materials learned in the lessons, and become familiar with basic usage of Spanish to express their wants, preferences, and needs in a fun and interactive manner. This is an 8 week course.

LLI0595-001 Harper Main Campus
09/06/23-10/25/23 WE 11:00 am-12:00 pm
Instructor: Rene E. Castellanos
TUITION & FEE: \$312.00



Thriving on Limitations: Behind the Scenes of Star Trek II: The Wrath of Khan



Celebrate the amazing actresses, actors, and behind the scenes artists who worked on Nicholas Meyer's Star Trek II: The Wrath of Khan. More than 100 rare, and many 'never-before-seen,' photographs paint the incredible picture of a company of actors and artists whose talents combined to create one of Star Trek's best films. In addition to the photographs, the presentation will share trivia and little-known facts about the making of the film and how it was made despite limitations of budget, time, and technology.

LLI0588-001 ONLINE-Live Meetings
10/17/23 TU 1:00 pm-3:00 pm
Instructor: Maria Jose Tenuto
TUITION & FEE: \$39.00

Chautauque 2023



LIVE PERFORMANCES AND PRESENTATIONS FROM:



**DANNY FOX
AS BOB
DYLAN**



**HARPER'S
BACK PORCH
REVUE**



**BARRY
CLOYD AS
CARL
SANDBURG**

HOSTED BY BRIAN "FOX" ELLIS

**AUGUST 25, 1:00-5:00 PM
OPEN TO THE PUBLIC - \$49
LLI MEMBERS HALF PRICE**

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